

Essential Arts Empowerment: Basic Energy Cycle

This Basic Energy Cycle can transform virtually any situation from stressful to empowering, and builds upon the Four-Part Breath of Renewal to deepen and strengthen your personal practice. I use it first thing in the morning to set the direction of my day; to attune to Nature while I'm doing farm chores; to make decisions with divine guidance and heightened intuition; to bring a balance of peace and strength to any moment.

Release. Begin by exhaling, either through your nose or mouth, maybe with a “phooooo” sound, letting go of any thoughts or energies that are extra, harmful or not appropriate to the moment and your current intentions. Imagine this energy dissipating harmlessly into space, feel it being lifted from you, perhaps breathe a sigh of relief. There is no judgment of the energies or thoughts you release; you don't need to label them “good” or “bad,” since what is helpful at one time may be inappropriate at another, or in another form. Also avoid using the terms “positive” and “negative” as these also apply to electrical polarities, and it's not desirable, for instance, to remove all negative electrical energies from our energy fields. You may use a feather or incense, or move your hands to bush away non-beneficial energies from your body, energy field and awareness, a few inches from your body. This is your personal “atmosphere” and you can control the weather here.

Protect. Create a safe space around you by envisioning a protective image, such as a web of silver light, stars, crystals or anything that helps lift off that energy you are releasing and also intercepts any incoming energies that may be harmful, again dissipating them harmlessly. Just use what occurs to you that feels effective and be willing to explore and experience it over time. I sometimes imagine a net of silver stars on a low vacuum-like setting, gently pulling energy from me that I no longer need or that interferes with my greatest well-being, or a warmth that evaporates what I need to release. I also find it helpful to call to mind a protective energy field when someone is approaching with whom I have had difficult experiences or whom I know to be hostile. I wish this person no harm, and consciously remain calm and compassionate rather than setting up conflict in my mind. I choose to stay focused on the greatest good of all.

Breathe. Consciously deepen your breathing and increase your awareness of life energy flowing into your body and through your entire being, becoming more enlivened and energized. You can use the 4-Part Breath of Renewal to deepen your awareness of chi/prana/life force and to activate this cycle withing a cycle of energy work. Or just imagine your breath exchanging the energy you need for energy you need to release.

Ground. Feel energy flowing down through your body, out through the soles of your feet and into the Earth, mingling with the energy of the land, feeling it rising to meet you and blend with your energy. The life energy of the Earth lives in us and in all living things. Join with the great life force of the planet to feel strengthened and to release tension and excess energy into Her great body, where it can be transformed harmlessly, like compost becoming nutrients. You can draw energy up from the Earth when you need nourishment, comfort and guidance, and you can also bless Her with your love and healing. I gently flex each foot, then stand with feet firmly planted on the ground or floor and bend my knees and hips to maintain a flexible and strong connection with Earth.

Center. Affirm that you are perfectly balanced in this moment, between Earth and Spirit, land and sky, past and future, with your human self and Divine Self in perfect alignment. I tell myself, "It is in *this* moment that I am blessed," and I especially like to challenge myself to this awareness when I am tempted to get annoyed or impatient or to judge a situation or person. The feeling of being really centered, for me, is one of contentment, not with circumstances by any means, but with the awareness of my true divine Self, regardless of what is happening, like the eye of a storm. I am often just filled with gratitude when I center myself fully in the present moment, knowing that this is mythic time, and however long this moment lasts, I am in the flow of its energy and on some greater level, all is well. I often hold my palms together to center, but with space between them, fingers and heels of my hands touching, as though I am cupping something precious, not flat together as this may inhibit the flow of energy.

Open. Finally, from that place of peace and gratitude, centered alignment and flow, open to the Divine. Sometimes this results in a "download" of insight, tears, healing,

intuition or other profound experience, and other times it is just a continuation of the peaceful centered feeling and that is enough, and I go on about my business. You may sense color, words or just feel content that you are opening a channel for your intuition, divine guidance and Spirit to flow through you, and that each time you engage in this practice the channel grows deeper and stronger. You can raise your hands above your head or spread your arms out in a cosmic embrace or any gesture that feels like opening to Spirit. Try various options, invent your own, and notice how this feels in your body, mind, heart and spirit.

Release. Protect. Breathe. Ground. Center. Open. And all is well.